

**In-laws tell Amy to clean up or avoid hubby**



# metro



EDMONTON • TUESDAY, SEPTEMBER 30, 2008

metro

**Josey Vogels on days that celebrate sex life**



## Smith gets grounded by Air Canada

**CANCELLED** Kevin Smith is an honorary Canadian. "I f—king hate Air Canada," the famed actor/writer/director said in his blog yesterday after he was locked out of our home and native land Sunday — and his Sunday night Edmonton show cancelled — because he was denied a seat on an Air Canada flight.



Smith

Though he arrived at the Los Angeles International Airport more than an hour before take-off, the airline had overbooked the Edmonton-bound flight.

Smith's latest film, *Zack and Miri Make a Porno*, is due for release Oct. 31. Smith's Edmonton show has been rescheduled to Oct. 8 at 8 p.m.

METRO EDMONTON

For a link to the full post on Kevin Smith's blog, go to [www.metronews.ca](http://www.metronews.ca)

## Sports pg 10



**Jays in search of new boss**

## Election 2008 pg 5, 6

- National Report by Lawrence Martin
- Layton flexes muscle
- Harper woos artists

## ShareYourViews

[edmontonletters@metronews.ca](mailto:edmontonletters@metronews.ca)

## Demonstration Olympic disdain



Demonstrators, some from as far away as Ft. Chipewyan, gathered on the edge of the WP Wagner School grounds to protest against the 2010 Olympics as the CP Spirit Train made a stop to fuel Olympic spirit yesterday. The train is a rolling public relations exercise replete with mascots, athletes and Olympians and demonstration exhibits.

# New crime target

City, RCMP turn to public for answers in wake of violence

VICTORIA HANDYSIDES  
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**Crimes against women are on the rise and city officials have created a task force that aims to stop similar crimes before they happen.**

The Edmonton Task Force on Community Safety will look at ways to prevent crimes, notably those involving youth and the drug trade and violent crimes on women.

"Certain kinds of crime are down and certain kinds of crime are up. That doesn't mean we should put our heads in the sand and not do anything," Mayor

Stephen Mandel said yesterday.

Violent crimes on women have taken centre stage in the past few weeks, notably the search for a man dubbed the "Garneau Rapist" and the murder of 14-year-old Emily Stauffer, who was attacked and murdered while walking in her hometown of Edson in broad daylight Saturday.

"Statistically, they (media) say crime is down, but to that family, the statistics don't mean anything in the world," said Premier Ed Stelmach at a press conference yesterday.

The task force is made up of a number of city councillors and Edmontonians



Sketch of a man sought in connection with the Emily Stauffer murder case.

with background and experience with the criminal element of the city, who aim to gather information leading to proactive solutions. "The police can't be the only group that is trying to

create a safe community, the community has to step up to the plate," said task force co-chair and former police chief Fred Rayner.

Recently, city police and RCMP have been requesting major help from the public in solving crimes, asking citizens for tips that may lead to the capture of suspects.

In the murder of Emily Stauffer, RCMP are urging anyone with information, or anyone that may have travelled on a wooded path on the northwest end of Edson Saturday to come forward. Police have drawn a composite sketch of a person of interest in the case.

## Weather financial storm: Economist

DARREN KRAUSE  
Metro Canada

**MONEY** As the financial carnage mounted in Toronto and New York after a failed Wall Street bailout, University of Calgary economist Frank Atkins warned against making rash investment decisions.

"If you don't need to liquidate (your investments), then you can weather this," he said, noting the 840 and 778-point losses on the TSX and Dow Jones, respectively, are paper losses.

"Once you sell, then you lose money."

### Lesson

• Atkins was confident there is a silver lining in the aftermath of the subprime mortgage failure and the aborted bailout of the U.S. lenders. "It should be a lesson," he said.

Most of the initial concern would be for those who need to retire today, or in the immediate future, he said.

The U.S. House of Representatives vote sent stock markets plummeting after word of the failed \$700-billion bailout package hit the streets, though the market was down sharply prior to the decision.

The passage of the bill, which would have let the U.S. Treasury buy up bad mortgage debt from struggling banks in an effort to kick-start much needed lending, was seen as crucial to shielding the economy from an even deeper slowdown. —WITH FILES FROM REUTERS  
MORE COVERAGE, PAGE 7



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BEAUTY  
*at the Bay*



**Psychologist to give talks on living with children**

Dr. Gordon Neufeld, Vancouver-based developmental psychologist and author, hits the Fantasyland Hotel on October 6-7. On Monday he'll discuss his book *Hold on to Your Kids*. Tuesday night's talk is called "Making Sense of Preschoolers." Tickets are \$10 at Metro Continuing Education. Call 780 428-1111 for ticket information.

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# Local



## Students try out policing

Police services from Calgary and Edmonton, along with the RCMP, have joined forces to get more young people interested in pursuing careers in law enforcement. All of Alberta's police agencies will give post-secondary students the chance to tour police stations to get a closer, hands-on look at what law-enforcement is all about.

METRO EDMONTON

## Stelmach waits on bitumen

Alberta premier hangs fire after PM's surprise promise

**JEFF CUMMINGS**  
jeff.cummings@metronews.ca

**Premier Ed Stelmach says he will wait until after the federal election regarding a surprise promise from Conservative Leader Stephen Harper to restrict exports of raw bitumen.**

During an election stop in Calgary on Friday, Harper said his government would ban the export of Alberta's dark and heavy oil to countries that have weak environmental laws.

"We're in a campaign and their in the midst of a hotly contested election," said Stelmach to reporters yesterday.

"I will wait for the results and then sit down with whoever is elected once the election is over."

The federal government currently controls exports and relations with other countries, but Deputy Premier Ron Stevens told reporters last week that the provincial government has the right to ship bitumen whenever it pleases since it is a natural resource owned by the province.

Stelmach and Stevens said they were given no notice by the Harper campaign about the bitumen promise, but Alberta's premier said he isn't worried.

**"I will wait for the results and then sit down with whoever is elected."**

Premier Ed Stelmach

"It's an election," Stelmach added. "I am not going to lose any sleep over it until the campaign concludes on Oct. 14."

Large amounts of raw oil produced from Alberta's oilsands are already being shipped to the United States.



Alberta Premier Ed Stelmach fulfills his One Simple Act, along with MLA Dianna McQueen, in back, and Katherine Blakely (right) of the Alberta Conservation Team, by planting a tree outside the Legislature yesterday afternoon.

## Doctors will have more say in policy

**JEFF CUMMINGS**  
jeff.cummings@metronews.ca

Alberta's top doctors will have more responsibilities and will no longer be scrutinized by provincial politicians when it comes to fighting outbreaks or handling medical disasters, Health Minister Ron Liepert said yesterday.

The province's chief medical officer will now have more say when it comes to health care policies and that top doctor will now have a direct line of communication with Alberta's health minister.

"This takes away any concerns about somehow having (officers) working their way through the bureaucracy," said Liepert.

Dr. Gerry Predy, Alberta's acting chief medical officer, says the roles of medical officers have been "largely confined" in the past because they didn't have much authority in coming up with preventive

health care policies.

"This will give officers of health not just to deal with the immediate issues, but to think about preventive issues that we could address," said Predy.

After four of the province's top doctors resigned last spring, the roles of an officer's responsibilities were reviewed by a committee, which was led by Predy.

The new change to expand an officer's powers will also help in filling those four vacant positions, said Liepert who admitted it could take two years to hire new doctors.

Critics of the Tory government said the move is the right step for the province after it made mistakes in handling a syphilis outbreak in Alberta.

NDP Leader Brian Mason called the plan a "good response."

"This should have been done to mitigate this epidemic," he said.

## Man hit with vandalism charges

**CRIME** A 19-year-old man is facing a long list of charges after police say they caught him leaving his mark all over Old Strathcona.

Just after midnight yesterday morning, a police officer watched a man allegedly tag the initials

"TKM" on the wall of a pub on Whyte Avenue, near 106th Street.

They then watched him cross the street and scribble the same letters on a light pole.

After arresting the man, the officer searched the area and found the same

tag in three other spots near the avenue.

Police are asking home or business owners that may have the same tag on their property to come forward.

Trent Kenneth Merrill has been charged with five counts of mischief under \$5,000.

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### News in brief

**DRUGS** A two-month old girl is in the hands of Children's Services after her parents were arrested in a drug bust Sunday night. Police raided the home and found 360 grams of pot and 50 ecstasy pills. A 25-year-old woman, a 31-year-old man, a 33-year-old man and a 43-year-old man have all been arrested.

**THEFT** Cops are warning residents to lock up their stuff after an Edmonton couple trapped a teen who broke into their garage. The 16-year-old boy had broken into the couple's car on their west-end driveway, and used the garage door opener to gain access. They trapped him until police arrived.

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What's online today.

**Watch** as marketing students help plan a spring police recruitment drive at [www.metronews.ca/local](http://www.metronews.ca/local). Also Stéphane Dion battles to defend against both political flanks at [www.metronews.ca/canada](http://www.metronews.ca/canada).

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# Canada

## No solicitors

The National Do Not Call List, which comes into effect today, allows consumers to have their name taken off most telemarketers' lists. To register with the list, visit [www.lnnte-dncl.gc.ca](http://www.lnnte-dncl.gc.ca). **TORSTAR NEWS SERVICE**

## Too old to drive?

Health more relevant for senior drivers: Experts

**BRIAN TOWIE**  
brian.towie@metronews.ca

**You might not be too old to drive, but you might be too unwell.**

The issue of whether elderly drivers should be on the road hit the media again after an unidentified 84-year-old driver hit a pedestrian at a Halifax crosswalk Friday. The 56-year-old victim was dragged 30 feet underneath the car before a mechanic freed him. No criminal charges are pending.

Circumstances echo concerns raised in 2001, after 85-year-old Pilar Hicks hit and dragged Beth Kidnie, a 42-year-old mother of three,

**"Illness can happen at younger ages and impair the ability to drive."**

Dr. Allen Dobbs

to her death. Justice Gerald Lapkin convicted Hicks of criminal negligence and wondered if regulators shouldn't consider more restrictions on elderly drivers.

But, Dr. Allen R. Dobbs, president and CEO of Drive-Able Assessment Centres Inc., a nationwide driving ability assessment program, argues it's not the age of the driver that should be considered, but their abilities — which are often affected by medical conditions.

"It's a question that's asked the wrong way: What's the correct age to hang up the keys?" Dobbs said. "It's about medical conditions. Illness can happen at younger ages and impair the ability to drive."

Still, Dobbs acknowledges older drivers face illnesses, such as dementia and heart diseases that can impair driving skills.

Dennis Prouse, director of government relations at the Insurance Bureau of Canada, agrees medical conditions should be a top priority in the years to come.

Faced with an aging population, "we're asking ourselves how to tackle this," he said. "A blanket age cut-off is not the answer."

## News in brief

**MARS** A team of Canadian scientists has discovered snow falling from Martian clouds — a first in observations of the red planet. The discovery was made using a Canadian-made component of NASA's Phoenix lander.

**VOTE** An Elections Canada policy has been released stating that people wearing face coverings will not be permitted to vote in the upcoming election unless they swear a special oath.

**HEALTH** The Public Health Agency of Canada is investigating a potential outbreak of Salmonella poona after six cases and 14 suspected cases have been reported in Canada. The 14 suspected cases of the relatively rare illness were reported in Ontario, while the six cases of the same genetic strain were found in Manitoba, Quebec and Nova Scotia, CBC News Online reports. **METRO NEWS SERVICES**



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**Layton promises more money for transit**

NDP Leader Jack Layton pledged more money for funding public transit if the NDP are elected. Layton said he would funnel one cent per litre of the gas tax — about \$400 million per year — to transit. **CBC NEWS ONLINE**

canada 5

Election 2008

# Dion's chance to alter image

Debates offer Liberal leader the opportunity to talk about policies, vision

## NationalReport

Lawrence Martin



After being defined by Stephen Harper's attack machine as an arm-splayed wimp since winning the Liberal leadership two years ago, Stéphane Dion gets a last chance to alter the deathly image in the campaign debates tomorrow and Thursday.

Liberals now regret not having fought back earlier. They should have, some of them say, found a photo of Harper looking completely

moronic and plastered it all over the television screens. They have learned a lesson — probably too late! — that, in Canada, gutter politics works.

That kind of politics was never the style of the sincere and overly academic Dion. In the debates, some Liberals want him to make a direct appeal to the voters. At the conclusion a message of this kind: "I hope you have not been taken in by the demeaning ads about me. Yes, I have difficulty pronouncing words and, yes, I look too much like a professor. But is that what really matters? Or is it the values I have, the policies and vision, the team I have?"

It might help. Dion has to come across as statesman-like and credible. He has a tendency to sound forced and pleading. If he goes that route, he'll be seen as desperate and it will quicken his descent.

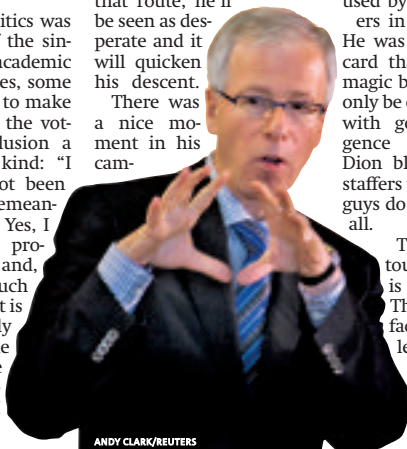
There was a nice moment in his campaign on the weekend. It was his 53rd birthday and reporters presented him with a limited edition print of the puffin bird — the one used by Harper dirt-throwers in the defecation ad. He was also given a giant card that said: "This is a magic birthday card. It can only be opened by someone with good looks, intelligence and sex appeal." Dion blushed. One of his staffers told reporters, "You guys do have a heart" after all.

The debates will be tough for him. Harper is cooler under fire. The Liberal leader faces the added problem of having his friend, Green party Leader Elizabeth May, front and centre.

It's an obstacle because, despite their mutual respect, her party is on the rise and she steals more votes from the Liberals than the others. The Conservatives are falling back in Quebec and need a big boost in Ontario and British Columbia to score a majority. Those are the provinces where the Greens are strong and divvy up the votes on the left.

May is the wild card. On some occasions, she comes across as long-winded and wingy, on others knowledgeable, quick-witted and winsome. If she's a bird that takes flight, she will help Stephen Harper to a majority.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



ANDY CLARK/REUTERS

## Nominations

## Women running in record numbers

**CANDIDATES** Canada's major political parties have nominated 387 women to run as candidates in the federal election — a record number.

While this falls short of fair representation at 29 per cent of all candidates, it is a sign of progress and increased efforts by all major parties, says Equal Voice, which challenged the leaders of all parties to field more women candidates in this election.

"This improvement provides more opportunities than ever to increase the representation of women in Parliament," says Equal Voice chair Raylene Lang-Dion.

METRO NEWS SERVICES

**14** days remain until the 2008 Canadian federal election

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The number of registered political parties participating in Canadian general elections began to increase after new registration provisions came into effect in 1972, growing from four in the 1972 election to a peak of 14 in 1993. There were 15 registered parties in the 2006 election. **ELECTIONS CANADA**

## Election 2008



# Only NDP can stop Conservatives: Layton

Jack Layton insists that only the NDP can stop Prime Minister Stephen Harper, and he's urging "progressives" to rally behind him to do so.

"I think he's bad for the country. I think he's bad for working families," Layton said of the Conservative leader, speaking to the Toronto Star's editorial

board yesterday.

Layton said Liberals "disappointed" with Stéphane Dion are welcome aboard the NDP bandwagon, as are Greens, and red Tories.

Dion's support of Harper's "reckless, across-the-board" \$50 billion in corporate tax cuts undermines the Liberals' moderate credentials, he said.

Polls show Harper is on the cusp of winning a majority of seats in the Oct. 14 election, despite the fact the combined support for the NDP, Liberals, Greens and Bloc Québécois far outstrips the Tories' support.

"It's really up to Canadians to decide what kind of political formations should succeed in our country. I'm

suggesting that ours should. That's my proposition," he said.

"We need seats to form a government. We're probably the only party that will defeat Conservatives in this election. I think we'll defeat quite a few.

"Stephen Harper's got to be moved out of office."

TORSTAR NEWS SERVICE



Conservative Leader Stephen Harper listens as Josiah Doern, 8, demonstrates how to play the cello yesterday in Ottawa.

## Harper puts on arts-friendly face

**It's make-or-break time for the Conservative campaign in Quebec.**

With the nationally televised French debate tomorrow, Conservative Leader Stephen Harper made a quick swing into the province where his party is taking a shellacking over arts cuts and tougher youth crime penalties.

He was met by one of the largest crowd of protesters of this campaign: About 300 people from two of the province's biggest labour unions, women's groups, and an impoverished nearby Aboriginal village. They blocked a regional highway, carried signs and blew whistles under the watchful eye of Quebec police. Harper did not meet

with them, but offered to dispatch one of his cabinet ministers, Christian Paradis, to do so, the first time the Conservative campaign has reached out to any group of protesters.

Hours before returning to Quebec for the third time in the campaign, Harper tried to present a more arts-friendly face to Quebecers.

He announced a small tax break for children's music, drama and arts lessons — proof, he said in French, "of our government's support for the arts."

Harper insisted "independent analysis," which he did not produce, justified the recent \$45 million in cuts to arts programs because they were "not effective." **TORSTAR NEWS SERVICE**

### Liberals

#### Dion not looking past election

**FUTURE** Liberal Leader Stéphane Dion has not yet decided what he will do if he fails to unseat Stephen Harper as prime minister, says his wife Janine Kriebler. But in an exclusive interview with Global News, Kriebler said she and her husband would make the decision together, and come to a conclusion quickly. Asked if they had already discussed whether he would stay in politics, Kriebler said, "No."

TORSTAR NEWS SERVICE

### News in brief

**CONTROVERSY** In his first public appearance during the election campaign, Conservative Agriculture Minister Gerry Ritz yesterday bolted from reporters at a Canadian Federation of Agriculture debate seeking comment on his controversial joke about Canadians dying from eating meat tainted by listeriosis. It was reported earlier this month he said the deadly outbreak was "like a death by a thousand cuts. Or should I say cold cuts."

TORSTAR NEWS SERVICE

Watch as Stéphane Dion defends both flanks from the Tories and a surging NDP at [metronews.ca/canada](http://metronews.ca/canada)

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**Busy lifestyle getting you down?**



Paris fashion shows defy gloomy world climate

France's ready-to-wear spring and summer shows began in earnest yesterday with Christian Dior's collection, as the world of fashion flew in the face of an increasingly ominous world environment. Around 100 designers will be showing collections over the coming week. **REUTERS**

# World/Business

## U.S. recession fears soar

Americans may start feeling pinch after bailout fails

The U.S. economy was in dangerous waters before a shock House vote yesterday to reject a bailout for troubled financial firms and it now even closer to being on the rocks.

Credit markets have seized up, banks are failing in Europe or facing arranged marriages in the U.S. while frightened consumers clutch their wallets closely — all warning signs that economic activity was near grinding to a halt.

Analysts said lawmakers' rejection of the bailout — never popular but widely thought necessary — heightens the risk that a deepening U.S. banking malaise will spread more rapidly abroad and worsen a developing slowdown.

"Today's vote not to pass the \$700 billion package to aid the liquidity crisis has raised the probability of a



A demonstrator stands outside the New York Stock Exchange during a protest in New York yesterday, while U.S. lawmakers met to vote on a \$700 billion US bailout of the financial industry.

global recession as capital flows seize in the entire system," said Chris Jarvis, senior analyst with Caprock Risk Management, warning it may soon be felt by ordinary consumers.

In recent days, banks have been increasingly hoarding cash and may now be so reluctant to lend that longstanding relationships with businesses risk being interrupted to the

### Little confidence

American consumer confidence was already shaky before yesterday's bailout vote and a report issued yesterday showed U.S. spending in August was flat.

extent that some could have difficulty meeting payrolls.

Gary Thayer, chief economist at Wachovia Securities, warned "it won't be long" before the impact is felt on Americans' day-to-day affairs.

"We're already seeing a weak economy and if we don't see the credit markets improve within the next week or two, we'll start to see some businesses having difficulty in getting credit," he said. "This could lead to increased layoffs within the next month."

## Business

## TSX battered after bailout rejected

The Toronto Stock Exchange's main index tumbled nearly 7 per cent yesterday, the biggest drop in eight years, as U.S. lawmakers rejected a proposed \$700 billion US bailout of the financial services sector, sending investors fleeing for the exits.

As the U.S. House voted to reject the rescue plan, concerns mounted that the fallout from the U.S. crisis was spreading globally and that the world economy was in for a downturn.

The S&P/TSX composite index dropped 840.93 points, or 6.9 per cent, to

**"This is yet another Black Monday."**

John Ing

11,285.07, its biggest percentage drop since October 2000. On a points basis, it was the biggest decline ever.

"This is yet another Black Monday," said John Ing, president at Maison Placements Canada.

The index plunged 300 points in just over five minutes as results showed the congressional vote going against the plan.

**REUTERS**

## Citigroup buys Wachovia

**BANKS** Citigroup Inc. agreed to buy Wachovia Corp.'s banking operations in a \$2.16 billion US, all-stock transaction yesterday.

Morgan Stanley also agreed to sell a stake to Mitsubishi UFJ Financial Group Inc. for \$9 billion and Lehman Brothers Holdings Inc. agreed to sell its Neuberger Berman asset management unit for \$2.15 billion US.

**REUTERS**

## Energy stocks pounded on TSX

**ENERGY** Canadian energy stocks were hammered yesterday in one of their biggest one-day drops as oil and gas prices skidded due to the financial crisis.

The Toronto Stock Exchange oil and gas sub-group fell nearly 11 per cent, or 35.36 points, to 298.08, a 20-month low for the sector, and made it the biggest loser on the TSX.

**REUTERS**

## Egypt Hostages safe and sound



A recently freed tourist waves after arriving at a military airport near Cairo yesterday. Eleven European tourists and eight Egyptians abducted in a remote border area of Egypt were freed and half of their kidnappers killed, Egyptian officials said yesterday.

## Militants in Pakistan boosted by Afghans

**PAKISTAN** Militants battling Pakistani forces are getting weapons and reinforcements from Afghanistan, security officials said yesterday, vowing no let-up in their offensive in the northwest.

Government forces launched an offensive in the Bajaur region on the Afghan border in August after years of complaints from U.S. and Afghan officials that Taliban insurgents in Afghanistan were getting help from Pakistani border areas such as Bajaur.

Now the tables have turned and the militants locked in heavy fighting with Pakistani forces are getting help from the Afghan side of the border, officials said.

"The Pakistan-Afghan border is porous and is

### Displaced

The fighting has displaced several hundred thousand people and about 20,000 had sought refuge across the border in Afghanistan, the United Nations said.

now causing trouble for us in Bajaur," a senior security source in the military told a news briefing.

"Now movement is taking place to Pakistan from Afghanistan," said the official, who along with a colleague at the briefing, declined to be identified.

The officials did not blame the Afghan government for sending militants across the border but called on Kabul and U.S.-led forces in Afghanistan to stop the flow.

**REUTERS**

## News in brief

**MIDEAST** Israel should withdraw from nearly all territory captured in the 1967 Middle East war in return for peace with the Palestinians and Syria, outgoing Prime Minister Ehud Olmert was quoted yesterday as telling a newspaper.

## Typhoon that belted Taiwan roaring at China

**WEATHER** A powerful typhoon headed toward the eastern Chinese coast yesterday forcing over 200,000 people to seek higher ground, state media said, after it battered Taiwan over the weekend.

Typhoon Jangmi, the season's most powerful storm, was spinning off the coast of China's Fujian province and moving toward Zhejiang and Shanghai, with winds of up to 126 km/h, the Fujian

Provincial Meteorological Bureau said.

More than 26,000 boats returned to harbour ahead of the storm, Xinhua said. Downpours were forecast in Fujian over the next two days.

**REUTERS**

## Business in brief

**OIL** Imperial Oil Ltd. said yesterday it will spend \$100 million to cut sulfur dioxide emissions at its 121,000 barrel a day refinery in Sarnia, Ont.

**NEW HIRES** Sun Life Financial has hired several new executives, including former Lincoln Financial Group CEO Jon Boscia.

**REUTERS**

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2. Become a savvy spender. If you don't yet have a spending plan, visit

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smartcookies.com and download one.

3. Pay it down. As fast as possible, pay off anything you owe on credit cards and lines of credit. Also, on any debt you do have, make sure that you are being charged at the lowest interest rate that you are eligible for.

4. Be Patient. If you can't afford to buy it, then don't. We understand that you may feel like you are entitled to the best car, the nicest wardrobe, the dinners and drinks out. But be patient.

### On the web

#### Columnists:

- For Henry Choo Chong's Money Matters column, visit [metronews.ca](http://metronews.ca).
- For Allan Small's Investment column, visit [metronews.ca](http://metronews.ca).

### the Smart book

- For more tips, check out your local bookstore for Smart Cookies' Guide to Making More Dough, on sale this week!



5. Build a Community. Now more than ever it is important to start your own money group (if you haven't already). Rely on members to share knowledge, share resources and share tips for everyday savings.

What else can you do? Visit [metronews.ca](http://metronews.ca) for tips involving your career.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit [smartcookies.com](http://smartcookies.com) for more tips.

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**And the survey says...**

According to the 2008 survey for PracticalMoneySkills.ca — an online financial literacy program that helps students plan how to manage their finances — 30 per cent of students have never created a budget.

METRO NEWS SERVICES

# Student Cents

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

## easy ways to save

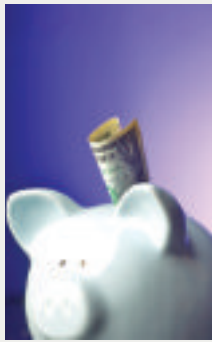
• **Books are a big expense.** If you can, try to buy or borrow an older version of the textbook you need from someone who took the class before you.

• **Sell your used textbooks.** Your campus bookstore might give you a raw deal on what you paid for the text if you try to sell it back to them. You might want to do it online. Some sneaky vendors might even stick around near the shelves where students will buy those books, sell their used version at a cheaper price and get the direct payout. We don't recommend you do that, of course; we're just saying it sometimes happens.

• **Kick your coffee fix.** By forgoing that daily morning trip to the java joint, you can save as much as \$70 per month (assuming you spend \$2.50-\$3.50 per day in coffee). Buy a small coffee maker and brew your own.

• **Skip the take out.** Keep healthy and affordable options in your rez or apartment: Bagels, peanut butter, string cheese and fruit are all better for you than slimy 3 a.m. burgers and pizza slices.

• **No bottled water.** It's more expensive, and advocates for water say it's not healthier and it encourages privatized sources. Get a water bottle and



drink from the tap for free. If you're worried about pollutants, get a filter.

• **Don't bother with a TV.** You can watch cable television when you want, how you want, through your computer. Your desktop or laptop may even have a DVD player so you can watch your favourite flicks.

• **Leave the mall alone.** Shop at a second-hand thrift store — you'll be pleasantly surprised at what a rich furrow it is to plow.

• **Get a pay-as-you-go cell phone plan.** (This only works, of course, if you don't use your mobile often.)

— BRIAN TOWIE



With little bit of luck and financial savvy, students can graduate with a manageable debt and start saving that much sooner.

## Saving still possible

BRIAN TOWIE  
brian.towie@metronews.ca

**Given the low income, high expenses and unexpected emergencies that make up part of a post-secondary student's daily life, how can they save money when it's already hard enough to make ends meet?**

Unless those financial commitments that universities and colleges demand are satisfied before you attend school, it's next to impossible and impractical to squirrel away your income, given your tuition balance or any loan that needs paying down. But you can exercise a degree of damage control if you make the

right choices, the experts advise. With a little bit of luck and financial savvy, you might even graduate with a manageable debt and start saving that much sooner.

"You can save. A lot of students will go out with their friends and the money just goes," says Laura Walker, a financial adviser at Edward Jones Investments. "But the ones who want to come out of school with little debt or possibly even no debt, if they're smart and they work hard enough, will get that money away so that they won't even think about it: Out of sight, out of mind, and there are tools for students to do it."

Several savings tools,

Walker says, include Canada Savings Bonds, high-interest savings accounts and bursaries available at your school that may not require stellar marks to obtain. Starting next year, you'll also be able to put your cash in a tax-free savings account.

"The tax-free savings account will come into play in January of 2009. The flexibility of it is nice," says Myron Knodel, financial planning expert at Investors Group. "If you're 18 or over, you can contribute up to \$5,000 into it and withdraw from it any time you want without penalties. You won't get a deduction, but that money is not subject to income tax."

Beyond these options, the experts suggest you get some professional help. An adviser can help you determine exactly how much you'll need for the school year, and how much you should save, if you can, once you've budgeted for your costs.

"Students should connect with a financial planner," says Knodel.

"Even financial planning software can help. You factor in your income and what your costs are going to be based on your commitments and your lifestyle choices, and there may be some significant lifestyle changes that you'll be required to make if you're going to reach your goals."



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The St. Louis Rams fired head coach Scott Linehan yesterday after an 0-4 start to the 2008 season. Defensive coordinator Jim Haslett, a former head coach with the New Orleans Saints, will take over on an interim basis. **METRO NEWS SERVICES**

# Sports



## Blackhawks waive Khabibulin

The Chicago Blackhawks placed goaltender Nikolai Khabibulin, left, on waivers, according to a report in the Chicago Sun Times yesterday, the first step for the club to eventually move the veteran. The 35-year-old Russian is the odd man out in the 'Hawks goaltending rotation, which also includes free-agent signee Cristobal Huet, Corey Crawford and the untested Antti Niemi. **METRO NEWS SERVICES**

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## Jays look for a new leader

### YorkReport

Marty  
York

marty.york@metronews.ca

Canada's MLB franchise is without a president for the moment because **Paul Godfrey** either stepped down yesterday, as he'd like us to believe, or he was released, as club sources whispered in my ear yesterday.

Doesn't matter either way now, does it? Far more significant at this point is the selection of Godfrey's successor by the Rogers ownership. The Blue Jays, after all, haven't exactly been smash successes in recent years. They never qualified for the playoffs

during Godfrey's tenure — he took over in 2000 — and they haven't come close to attracting the nation-wide following they enjoyed during their halcyon days in the late 1980s and early 1990s.

The Jays' new bossman will play a major role in whether the organization can re-establish itself as a Canadian favourite or follow in the footsteps of the defunct Montreal Expos.

As I reported in this space back on July 29 — you can review it at [metronews.ca/yorkreport](http://metronews.ca/yorkreport) — the Rogers braintrust has long had three candidates in mind to succeed Godfrey: Ex-Jays prez **Paul Beeston**, ex-Jays general manager **Pat Gillick** and ex-Rogers executive **John Tory**.

Beeston has been telling friends he has no interest

in returning, but a chunk of cold, hard \$\$ might be able to take care of that. Gillick, concluding his days as the Philadelphia Phillies' GM, has said he will retire at season's end, but he also said that many times in the past and changed his mind repeatedly. Tory is the chief of Ontario's Progressive Conservative party but he rescued the CFL from its deathbed when he was its commissioner and sources suspect he could be eager to similarly revive the Jays.

• So what happens to Jays GM **J.P. Ricciardi** now that Godfrey is no longer around to stick up for him?

Rogers sources told me yesterday Ricciardi and most of his front-office aides will be dumped soon. In fact, they said one of the reasons for Godfrey's departure is that he refused

to dump Ricciardi.

Ricciardi's contract with the Jays runs through 2010. Gillick also is a candidate to resurface as Ricciardi's replacement.

• New York reports suggest the Yankees' **Jason Giambi** could be the Jays' first baseman next season if Ricciardi remains in Toronto. The two are pals ... Look for ex-Sportsnet anchor **Hazel Mae** to become the face of the MLB Network, which launches in more than 50-million U.S. homes next Jan. 1 ... And what's this I'm hearing about ex-Jay and ex-Brewer **Paul Molitor** trying to replace **Dale Sveum** as Milwaukee's manager next season?

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

### Sports in brief

**NFL** Jacksonville Jaguars offensive tackle Richard Collier, who was shot earlier this month, had his left leg amputated and is paralyzed below the waist, according to his doctors.



Collier

**MLB** Paul Godfrey, the president and chief executive of the Toronto Blue Jays and Rogers Centre, will step down from his duties at the conclusion of the 2008

calendar year.

**NHL** The Tampa Bay Lightning dealt forward Nick Tarnasky to the Nashville Predators yesterday in exchange for a conditional pick in the 2009 draft.

**MLB** The St. Louis Cardinals and starting pitcher Kyle Lohse agreed to a four-year contract yesterday.

**METRO NEWS SERVICES**

### SCOREBOARD

MLB	W	L	T	PTS	WEEK 5	
YESTERDAY'S RESULTS	x-Montreal	9	4	0	18	
AMERICAN LEAGUE	Winnipeg	5	8	0	10	
Chicago W. Sox 8 Detroit 2	Toronto	4	9	0	8	
TODAY'S GAME	Hamilton	2	11	0	4	
AMERICAN LEAGUE	(x — clinched playoff spot)					
One-game tiebreaker	WEEK 15					
Minnesota at Chicago W. Sox, 5:37	FRIDAY'S GAMES					
CFL	B.C. at Toronto, 5					
WEST DIVISION	Calgary at Saskatchewan, 8					
W	L	T	PTS	SATURDAY'S GAMES		
Calgary	9	4	0	18	Montreal at Hamilton, 2	
B.C.	8	5	0	16	Winnipeg at EDMONTON, 5	
Saskatchewan	8	5	0	16	NFL	
EDMONTON	7	6	0	14	WEEK 4	
EAST DIVISION					LAST NIGHT'S RESULT	
					Pittsburgh 23 Baltimore 20 (OT)	

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**Boys are bigger bullies: Report**

Four out of 10 school-age kids in Canada report being victims of bullying, according to a recent report by the Public Health Agency of Canada. Overall, boys bully and are bullied slightly more than girls.

BEST HEALTH MAGAZINE

lifestyle **11**

# Health



## New Buriti Baby collection

Pamper and protect your baby naturally with The Body Shop's new Buriti Baby line of baby products. Set to launch on Oct. 9, the eight-piece line ranges in price from \$8.50 to \$30 and includes body butter, shampoo, massage gel, a brush and more. The pediatrician-approved products are made from buriti tree nut oil, which is a mild and gentle ingredient used throughout South America for its beneficial properties.

METRO NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

# Socially disconnected

## 'Digitalk' causing the quality of friendships to decline: Survey

CELIA MILNE  
for Metro Canada

**You text a friend to say you're SETE (smiling ear to ear) or SWL (screaming with laughter). But if you aren't face to face, it's a shallow connection.**

Facebook, e-mail, MySpace, text messaging, and MSN have made our relationships more distant. Quantity of friendships is increasing but "quality is declining," says Allie MacPhail, a relationship expert with offices in Toronto and Newmarket, Ont. "How many of those people actually mean a lot to you?" asks MacPhail. "They may be friends of friends."

On average, we connect socially 17 times a day

through technology and only twice in person, according to a recent survey conducted by Ipsos Reid. Fifty-five per cent of Canadians say that life is so busy that they have to use electronic communication to stay in touch with friends and family.

A huge majority (88 per cent) say that meeting in person would make them feel more connected than meeting digitally. And 61 per cent are nostalgic for bygone, low-tech days; they sometimes wish they could go back to when we didn't rely so much on electronics to communicate with each other.

The down side of all this digitalk is that we lose our interpersonal skills. "I see more lonely people even though they have a lot of

people they are connected to," says MacPhail. "Emotionally, they don't know how to handle conversation."

MacPhail suggests that physically getting together with people and having eye contact is important. "It's not rocket science," she says. "Add up how many times a day you are face to face. Get offline. Go out and talk to friends. Talk to family. Recognize the value in human connection. It deepens your empathy."

Teens are a group especially lacking in these interactions, she says. In her office, for example, parents bring

in troubled teens. MacPhail asks the teenagers how their day is going and what their

**"Get offline. Go out and talk to friends... Recognize the value in human connection."**

Allie MacPhail, a relationship expert

week has been like, and they realize it is the first time that day they have talked to someone face to face.

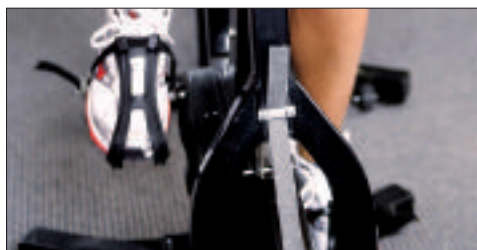
"They start connecting with me," she says.

"We are made for relationships, for actual human connections. The computer is not giving it to us. Let's see humans connect more," says MacPhail.

The survey, which polled more than 1,000 people in July 2008, was sponsored by Dentyne.



On average, we connect socially 17 times a day through technology and only twice in person, according to a recent survey.



Life-Sprints, a cycling regimen popular in Australia, involves sprints followed by slow pedalling.

## A down-under spin on fighting fat

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on newsstands now  
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**You have to love an exercise that takes just 20 minutes, involves slowing down every eight seconds and is more effective at burning fat than prolonged aerobics.**

Which is not to say that Life-Sprints, a cycling regimen popular in Australia, is a free ride. Devised by Steve Boutcher, director of the fat loss laboratory at the University of New South Wales, it involves eight-second sprints followed by 12 seconds of slow pedalling on a stationary bike for 20 minutes, three times a week.

Boutcher studied 45 women over 15 weeks and found that the group doing LifeSprints lost three times more fat than a group that did 40 minutes of sustained aerobic exercise. "The fast/slow exercise cycle releases catecholamine [adrenalin/noradrenalin] into the blood, which burns fat. Sprinting seems to use up fat in the muscles, which is replaced by fat from under the skin after exercise stops," Boutcher says. It's also time efficient. "With this, you can warm up, work out, cool down and be showered and dressed in 45 minutes."

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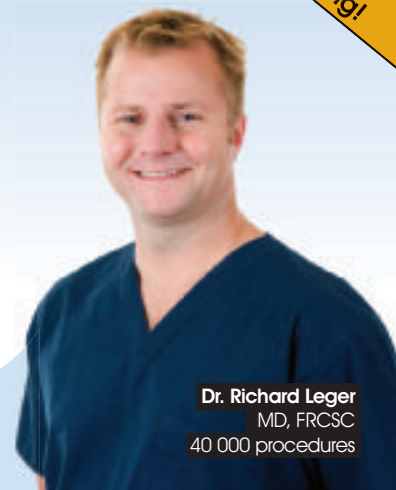
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Overweight children and teenagers may be at elevated risk of developing chronic headaches, a new study suggests. The good news, researchers found, is that weight loss may, in turn, cut headache frequency. **REUTERS**

# Every sex life aspect has its occasion

Today, apparently, is the last day you can pleasure your mate. Yes, for those of you who haven't been keeping up, September is "Pleasure Your Mate Month."

Who knew? I certainly didn't until I got an e-mail from a radio station asking to interview me for ideas on how to honour

this enigmatic occasion. Where the heck did "Pleasure Your Mate Month" come from?

Google only turned up some people's ideas for how they planned to mark the event, some of which were, well, less pleasurable than others ("Throw knives, feed poison," wrote one rather bitter single gal).

Seems that these days, every aspect of our sex lives has a day, week or month devoted to it.

May is Masturbation Month, complete with its own Masturbate-a-thon ([masturbate-a-thon.com](http://masturbate-a-thon.com)) for which participants get sponsors for every minute they masturbate with funds raised going to women's sexual health or-

ganization.

December 21st is Global Orgasm Day ([globalorgasm.org](http://globalorgasm.org)), not to be confused with National Orgasm Day, which is celebrated on July 22 in Britain.

I know orgasms are great and all but I'm not sure they warrant two days of observance.

Then there's Condom Week Feb. 14 to 21

([nationalcondomweek.com](http://nationalcondomweek.com)). And don't forget World Naked Gardening Day on the first Saturday of May ([wngd.org](http://wngd.org)) or World Naked Bike Ride on various dates throughout the year ([worldnakedbikeride.org](http://worldnakedbikeride.org)).

It's a little out of hand. I mean, one would think that "pleasuring your mate" is something one would make an effort to do at least occasionally during the other 11

months of the year. Do we really need a special month to remind us?

I suppose, much like Valentine's Day, the mother of all of the eros-oriented holidays,

these occasions force us to put a little effort into areas of our romantic lives that may get less than our full attention the rest of the year. Or, as

with the case of Masturbation Month or Condom Week, they raise awareness and promote sexual health.

But I'd like to see some holidays that address some of the more mundane, yet equally important aspects of maintaining a healthy relationship. You know, the day-to-day nit-picky stuff that can slowly eat away at a relationship, like moths in a blanket box, slowing eating away until, one day,

## The J Spot

Josey Vogels

Sex talk with Josey

you pull out a blanket and the whole thing just falls apart.

For example, how about we introduce: "How is Dropping Your Socks on the Floor Any Easier Than Dropping Them in the Hamper Day" or "Sometimes it's More Important to Get Along Than To Be Right Week" or how about, "If You Can Find Time To Watch Four Hours of TV a Night You Can Find a Half an Hour For Sex Once in Awhile Month?"

Now these are some causes worth devoting our time toward.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit [joseyvogels.com](http://joseyvogels.com).



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**Osbourne nails purse snatcher**

Reality TV star Jack Osbourne has been hailed a hero after catching a man who had attempted to steal a woman's handbag in London on Saturday. Fellow shoppers helped Osbourne pin the assailant down while they waited for the police to arrive. **FEMALEFIRST.CO.UK**

# Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONWS.CA

## Jay-Z star search

Jay-Z reportedly wants to sign 50 Cent and Janet Jackson to his new label, StarRoc. Artists who sign are expected to ink recording, touring and merchandise deals. **FEMALEFIRST.CO.UK**



# Man on Wire scary good

## Man on Wire

Director: James Marsh

Stars: Philippe Petit

**Winner of the Audience Award and Grand Jury Prize for World Documentary at the 2008 Sundance Film Festival, Man on Wire recounts the 1974 attempt by French daredevil Philippe Petit to walk a tightrope suspended between the World Trade Centre buildings in New York City.**

The ambitious if not altogether crazy act required no small amount of subterfuge and planning on behalf of Petit and his co-conspirators who risked death and jail time. Knowing the ultimate fate of the twin towers is part of what makes Man on Wire so compelling. Also interesting is how director



Man on Wire is showing at Empire City Centre at 6:45 p.m.

James Marsh subtly draws parallels between Petit's artistic fervor, having envisioned the attempt since the construction of the towers was first announced, to our modern-day knowledge of how zealous terrorists were bent on destroying them. It's a dizzyingly good documentary, though acrophobics might have obvious reservations about seeing it.

Showtime is 6:45 p.m. at Empire City Centre Cinemas.

## Sex Positive

Director: Daryl Wein

Stars: Richard Berkowitz

Sex Positive explores the life of one of AIDS activism's most unsung heroes, Richard Berkowitz.

During the late 1970s, Berkowitz was a gay S&M hustler, but by the 1980s he became a founding father of the safe sex movement. His struggle was twofold: trying to educate and receive acceptance from the heterosexual world which was still trying to come to grips with the onset of what was then a largely misunderstood disease, and trying to foster a greater sense of responsibility amongst gays that their lifestyle choices were contributing to its spread. Sex Positive is a fascinating look at the early struggles of HIV/AIDS awareness and activism. Berkowitz will be in attendance tonight for a post-screening Q&A. Showtime is 9:30 p.m. at Empire City.

**YURI WUENSCH/ FOR METRO EDMONTON**

## DVD picks

### Iron Man

Paramount

Director: Robert Downey Jr.

#### IRON MAN

delivers the superhero essentials — lots of action, great characters and a really cool suit — as it smartly vaults a lesser Marvel Comics hero into the same stratosphere as Spider-Man.

It took a superhero leap of faith to hire tabloid fodder Robert Downey Jr. for the title metal man (he's actually clad in gold titanium alloy), since there were no guarantees he'd be either appropriate for the job — or even available.

Downey turns a negative into a spectacular positive, and it's entirely in

tune with the bad-boy nature of his billionaire arms builder Tony Stark, a capitalist who believes that "peace means having a bigger stick than the other guy."

Stark's business partner Obadiah Stane, played by a bald, bearded and game Jeff Bridges, delivers a "might is right" riposte that fuels the movie's "war on terror" backbeat. An abduction by terrorists and a transformation only a comic book could make plausible sets Stark on an entirely different path. Make no mistake; this is the birth of a new franchise. The only thing wrong — and I can't believe I'm saying this — is that it's too short, even at 126 minutes.

Read a DVD review on Forgetting Sarah Marshall at **metronews.ca**.

## Caribou wins top Canadian album award

**KUDOS** Caribou hit the right note with the jury deciding who was to receive the Polaris Music Prize in Toronto last night.

The prize and \$20,000 honours the top Canadian album of the year.

A jury of 185 music writers, bloggers and broadcasters drew from a list of 10 of the best Canadian albums released between June 1, 2007, and May 31 this year.

The prize also celebrates diversity and creativity in Canadian music. Sales figures are not taken into consideration when deciding upon a winner.

Nominees this year included Stars and Kathleen Edwards.

**METRO NEWS SERVICES**

Read Rick McGinnis' Intelivision column at **metronews.ca**

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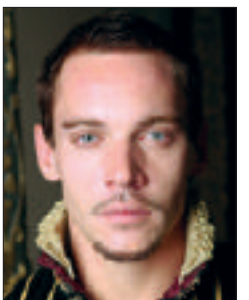
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	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
9/30/08	2	CFRN	239 318	eTalk	Hollywood	Law & Order: SVU	Jeopardy! (N)	Wheel-Fortune	Without a Trace (N)	Dancing With the Stars	News (N)	
	3	KHQ	- 370	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Without a Trace (N)	The Tudors (N) (DVS)	CBC News: The National	The Hour	
news	4	CBXT	- 307	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	NCIS "Agent Alford" (N)	The Mentalist (HDTV) (N)	Without Trace	Without Trace	
	6	KREM	- 372	News (N)	Hollywood	The Doctors	90210 "Model Behavior"	House "Adverse Events"	Opportunity Knocks (N)	NY/100:10 Friends	News Hour	
sports	7	CKEM	241 347	Law & Order: SVU	Entertainment	Privileged (HDTV) (N)	90210 "Model Behavior"	House "Adverse Events"	Opportunity Knocks (N)	NY/100:10 Friends	News Hour	
	12	CBXT	119 705	Virginie (SC)	La Factice	Providence (N) (SC)	Entertainment	The Insider (N)	Two/Half Men	Two/Half Men	Half Their Size	
family	13	KXLY	- 371	News	News	Entertainment	The Insider (N)	Two/Half Men	House "Adverse Events"	Dancing With the Stars	News (N)	
	16	KAYU	- 373	The Simpsons	The Simpsons	Two/Half Men	Two/Half Men	Pam: On Loose	Sunset Tan	The Biggest Loser: Families (N)	News (N)	
cable variety	19	CHTV	-	The Insider (N)	El News	Nova (DVS)	Rx for Change	Office Gossip	A Perfect State	Tavis Smiley	Charlie Rose (N)	
	22	KSPS	- 374	NewsHour With Jim Lehrer	Nova (DVS)	Wild!	P.O.V. "Critical Condition" (N)	Office Gossip	A Perfect State	Tavis Smiley	Charlie Rose (N)	
news	24	WTVS	- 364	P.O.V. "Critical Condition" (N)	Canada Votes: The National	EarthWatch One	EarthWatch Two	Office Gossip	A Perfect State	Tavis Smiley	Charlie Rose (N)	
	15	CBCTN	502	- CBC News: The National	EarthWatch One	EarthWatch One	EarthWatch Two	Office Gossip	A Perfect State	Tavis Smiley	Charlie Rose (N)	
sports	21	TWN	505 398	(5) EarthWatch One	Larry King Live	News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	
	27	CNN	500 500	Larry King Live	News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News	
family	54	CTVN	501 391	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News	
	70	BNN	504 508	Squeeze Play	News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News	
cable variety	20	TSN	400 400	NHL Preseason Hockey	SportsCentre (HDTV) (Live)	SportsCentre (HDTV) (Live)	SportsCentre (HDTV) (Live)	In This Corner	UEFA Champions League Soccer	Best-Sports	Low Life	
	23	net	408 418	NHL Preseason Hockey Calgary Flames at Edmonton Oilers. (Live)	Super Bikes!	Super Bikes!	Pinks (HDTV)	Pass Time	Unique Whips	Final Score	Final Score	
news	47	SPEED	417 406	Low Life	SuperCars	Score Tonight	Hardcore Hockey Talk	Final Score	Final Score	Final Score	Sports Rage	
	94	SCORE	410 403	Poker: Canadian Open	Cold Case	Cold Case	Pushing Daisies (N)	Fringe "The Arrival" (N)	Help TV	Help TV	Help TV	
family	9	EDACC	267 351	Help TV	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	My Hnt.	
	14	YTV	552 543	Drake & Josh	iCarly	Comfy Couch	Rolie Polie Olie	Beren, Bears	Babar	Backyardigans	Dora-Explorer	
cable variety	17	TREE	553 546	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren, Bears	Babar	Backyardigans	Dora-Explorer	
	42	TOON	555 545	World of Quest	Johnny Test	George-Jungle	Bugs Bunny & Tweety Show	6teen	Total Drama	Futurama	American Dad	
news	45	FAM	557 541	Zoe 101	Life Derek	Wizards-Place	Zack & Cody	Natural-Sadie	Han, Montana	Life Derek	Ned's School	
	-	TVA	121 714	TVA 18 heures	Le Cercle (SC)	Occupation	Videos	Histoires-filles	Caméra café	La Promesse (HDTV) (N) (SC)	TVA 22 heures	
family	18	CMT	575 583	Reba	Hope & Faith	Home Improve.	Home Improve.	CMT3	CMT 4 Tracks	Reba	Hope & Faith	
	25	A&E	615 520	The First 48 (HDTV)	The Cleaner (HDTV) (N)	The Cleaner (HDTV) (N)	The Cleaner (HDTV) (N)	The Cleaner (HDTV) (N)	The First 48 (HDTV)	The First 48 (HDTV)	The First 48	
cable variety	26	MMM	571 581	Fabulous Life Of...	Don't Forget the Lyrics!	Don't Forget the Lyrics!	Party of Five	Party of Five	Food Network Awards Cake	Trailer Park	Trailer Park	
	29	FOOD	603 561	The F Word (N)	Chief School	At the Table	Restaurant Makeover	The Best Years (DVS)	Daily Planet	Destroyed	Destroyed	
news	31	SHOW	617 522	Vivienne Vyle	About a Girl	About a Girl	My Shocking Story	Law & Order	CSI: NY "Bad Bear"	CSI: NY "Buzkill"	CSI: NY "Buzkill"	
	32	DISC	520 505	Destroyed	Mighty Ships "Beacru"	Plastic-Perfect	Matchmaker	Will & Grace	Friends	Coleen's Real Women	Style by Jury	
family	33	SLICE	601 562	Rich Bride, Poor Bride	Paris Hilton's My New BFF (N)	Paris Hilton's My New BFF (N)	Paris Hilton's My New BFF (N)	Paris Hilton's My New BFF (N)	Paris Hilton's My New BFF (N)	Paris Hilton's My New BFF (N)	Paris Hilton's My New BFF (N)	
	34	W	602 567	Shopping Bags	Style by Jury	Style by Jury	Style by Jury	Style by Jury	Style by Jury	Style by Jury	Style by Jury	
cable variety	35	TLT	521 560	Mystery Diagnosis	John Kay: Magic Carpet Ride	John Kay: Magic Carpet Ride	John Kay: Magic Carpet Ride	John Kay: Magic Carpet Ride	John Kay: Magic Carpet Ride	John Kay: Magic Carpet Ride	John Kay: Magic Carpet Ride	
	36	BRAVO	620 523	John Kay: Magic Carpet Ride	CSI: NY "YoungBlood"	CSI: NY "YoungBlood"	CSI: NY "YoungBlood"	CSI: NY "YoungBlood"	CSI: NY "YoungBlood"	CSI: NY "YoungBlood"	CSI: NY "YoungBlood"	
news	38	SPIKE	628 584	CSI: NY "YoungBlood"	NCIS "Brothers in Arms"	NCIS "Brothers in Arms"	NCIS "Brothers in Arms"	NCIS "Brothers in Arms"	NCIS "Brothers in Arms"	NCIS "Brothers in Arms"	NCIS "Brothers in Arms"	
	40	HIST	522 506	Dark Tourism	Air Force	Just for Laughs	Just for Laughs	Just for Laughs	Just for Laughs	Just for Laughs	Just for Laughs	
family	41	COM	626 547	Laughs	Comedy Now	Comedy Now	Comedy Now	Comedy Now	Comedy Now	Comedy Now	Comedy Now	
	43	SPACE	627 528	Battlestar Galactica	Rabbit Fall	The Circuit	Stargate SG-1 (DVS)	Stargate SG-1 (DVS)	Stargate SG-1 (DVS)	Stargate SG-1 (DVS)	Stargate SG-1 (DVS)	
cable variety	44	WPCH	494 650	My Best Friend's Wedding	Cheers	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	
	46	OLN	411 457	Angry Planet	Don't Forget Your Passport	Don't Forget Your Passport	Don't Forget Your Passport	Don't Forget Your Passport	Don't Forget Your Passport	Don't Forget Your Passport	Don't Forget Your Passport	
news	48	TROP	619 525	Planet Soap	Beverly Hills, 90210	Beverly Hills, 90210	Beverly Hills, 90210	Beverly Hills, 90210	Beverly Hills, 90210	Beverly Hills, 90210	Beverly Hills, 90210	
	50	STAR	621 527	Paris Casting Special	Paris Hilton's My New BFF (N)	Paris Hilton's My New BFF (N)	Paris Hilton's My New BFF (N)	Paris Hilton's My New BFF (N)	Paris Hilton's My New BFF (N)	Paris Hilton's My New BFF (N)	Paris Hilton's My New BFF (N)	
family	52	HGTV	600 564	Sarah's House	Design Inc.	Design Inc.	Design Inc.	Design Inc.	Design Inc.	Design Inc.	Design Inc.	
	65	TLN	700 800	48 Ore	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	
cable variety	92	APTN	269 350	News	Closer-Home	Great Towns	Benmergul-Isr	Benmergul-Isr	Benmergul-Isr	Benmergul-Isr	Benmergul-Isr	
	93	VISION	261 394	Quantum Leap	Paris Hilton's My New BFF (N)	Paris Hilton's My New BFF (N)	Paris Hilton's My New BFF (N)	Paris Hilton's My New BFF (N)	Paris Hilton's My New BFF (N)	Paris Hilton's My New BFF (N)	Paris Hilton's My New BFF (N)	
news	100	MTV	581 566	Making the Band 4 (N)	Missing Link Visitors.	Missing Link Visitors.	Missing Link Visitors.	Missing Link Visitors.	Missing Link Visitors.	Missing Link Visitors.	Missing Link Visitors.	
	101	MM	570 580	So You Think You Can Dance Canada (DVS)	Revue	Revue	Revue	Revue	Revue	Revue	Revue	
family	102	CPAC	512 396	(6:30) Headline Politics	Missing Link Visitors.	Missing Link Visitors.	Missing Link Visitors.	Missing Link Visitors.	Missing Link Visitors.	Missing Link Visitors.	Missing Link Visitors.	
	103	CLT	526 507	Missing Link Visitors.	Mysterious Ways	Mysterious Ways	Mysterious Ways	Mysterious Ways	Mysterious Ways	Mysterious Ways	Mysterious Ways	
cable variety	105	TVS	145 761	Himalaya	Champ. nature	Humanima	Journal TV5	Les Carnets du bourlingueur	Club social	Club social	Club social	
	106	RDI	126 730	Le Téléjournal (SC)	RDI en direct	Le National	Le National	Le National	Le National	Le National	Le National	

## critics'corner

### The Tudors

Oh, Henry! As season two opens, Henry (Jonathan Rhys Meyers) assumes control of the Church of England and banishes Anne Boleyn (Natalie Dormer) after she demands that he cut off contact with Katherine (Marie Doyle Kennedy). That's not all that's going to be cut off ... but we're not there yet. A cook is boiled alive for poisoning a bishop under threat of blackmail. Sam Neill also stars. 9 PM on CBXT



### John Kay: Magic Carpet Ride

This hourlong special chronicles the life and career of John Kay, the "hard-rock outlaw" best remembered as the man who wrote the 1960s rock anthems "Born to Be Wild" and "Magic Carpet Ride" and led Steppenwolf, the iconic band that recorded those songs. Interviews with Kay and his wife, Jutta Maue-Kay, as well as an assortment of former band mates and associates, provide different perspectives. 7 PM on BRAVO



Actor Dennis Quaid has slammed his ex-wife, actress Meg Ryan, for revealing all about their 2000 marriage breakup, insisting her allegations of his infidelity will only cause their son Jack more "pain" and "turmoil." **IMDB.COM**

## Celebrity Buzz

# Duffy: 'I've sold my soul'

**FAME** Duffy is on the brink of a "nervous breakdown," [femalefirst.co.uk](http://femalefirst.co.uk) reports.

The singer has revealed the pressures of fame have taken their toll, forcing her to consider "disappearing." The 24-year-old has had too many encounters with over zealous fans which have left her shaken.

"As a girl, I thought I was superhuman. But I'm bordering on a nervous breakdown," she reportedly said. "The scary thing is this feels like just the beginning. It would be easy to

become a recluse. I have sold my soul and I'm no longer anonymous. It can be really frightening when there are 15 lads on one side of the pub and a gang of girls on the other who all want your photo. Despite debating whether she can handle being a celebrity, the star believes it would not be fair on her fans to quit now. "It would be wrong for me to disappear. I have to play for the fans. I just have to remember that the majority of people are good," she added.



METRO NEWS SERVICES

### celebrity brief

## Longoria, Parker say they have nothing to hide

**COUPLES** Eva Longoria Parker's basketball star husband Tony Parker has repeated denials his wife is pregnant, insisting the world would know as soon as she was expecting — because the couple wouldn't want to keep the happy news from anyone, [imdb.com](http://imdb.com) reports.

The San Antonio Spurs guard admits people won't stop gossiping

about his wife's recent weight gain for her role on the show *Desperate Housewives*, but he insists she's not with child. "We don't wanna hide it. I don't know why people keep asking us," he says.



METRO NEWS SERVICES

## Mother-in-law to Amy: Clean up or don't see hubby

**DRUGS** Amy Winehouse's mother-in-law wants the troubled singer to kick her alleged drug habit before she can be reunited with her husband after his release from prison, [femalefirst.co.uk](http://femalefirst.co.uk) reports.

Blake Fielder-Civil is serving a 27-month sentence at a prison in Suffolk, England for causing actual bodily harm and perverting the course of justice. He is set to be released early on condition that he lives with his mother. Georgette Fielder-Civil claims her son has kicked his alleged drug habit in prison.

"We can support him at home, away from Amy and

the London drug dealers, and help him rebuild his life. Now Amy has got to do the same before they can get back together," she says.

Fielder-Civil had previously declined early release from prison as the agreement meant he would have had to wear an electronic tag and be under a 7 p.m. curfew.

METRO NEWS SERVICES



GETTY IMAGES PHOTOS

## Fan wanted to share her salad

**FOOD** Ashley Tisdale was left stunned when a fan's mother demanded she give her child some salad, [femalefirst.co.uk](http://femalefirst.co.uk) reports.

The High School Musical star, who plays popular school-girl Sharpay

Evans in the hit Disney film franchise, couldn't believe it when the woman came over to the table when she was dining with her family and made the request. "A bunch of little girls came over and I

thought they wanted an autograph, which was totally cool," Tisdale told [FOXNews.com](http://FOXNews.com).

"But then the mother demanded I give her daughter a bite of my salad. She wasn't joking and she wouldn't go away when I said no. It was so odd that a grown woman would do that, especially in front of her kids. It was so wrong."

METRO NEWS SERVICES



## Broken curfew becomes costly concert for Madonna

**FINE** Madonna has reportedly been fined \$249,750 US by Wembley Stadium officials for breaking the venue's curfew during the London stop of her Sticky & Sweet world tour earlier this month, [femalefirst.co.uk](http://femalefirst.co.uk) reports.

The singer's show overran the 10:30 p.m. curfew by 40 minutes when she played there on Sept. 11.

She has now been charged \$92,500 for every 15 minutes she went overtime.

"The concert was meant to start at 8:30 p.m. but Madonna didn't come on stage until 9:10 p.m. The gig

ended at 11:10 p.m. so she was quite a bit over," a Wembley Stadium source says. "Her people knew about the possible implications for going over the curfew but this is a pretty hefty fine, even for Madonna."

METRO NEWS SERVICES



### celebrity briefs



## McCready to turn herself in

**JUSTICE** Mindy McCready will voluntarily surrender to authorities today to serve 60 days in a Tennessee jail for a probation violation, her rep has told *People*.

The singer, 32, was arrested for violating her probation for prescription drug fraud in June, *People.com* reports. The singer had entered rehab July 16 for undisclosed reasons and she was previously jailed in 2007 after violating probation on a 2004 drug arrest.

## Allen criticized over necklace

**CAUSES** Lily Allen has been condemned for glamorizing guns by wearing a necklace with a machine gun pendant, [femalefirst.co.uk](http://femalefirst.co.uk) reports.

The singer — who previously met with London mayor Boris Johnson to outline proposals to reduce knife crime — was photographed wearing the pendant recently. But it has outraged anti-violence groups. "If she's really worried about violent crime then she shouldn't wear a necklace that promotes guns," says Lyn Costello, from anti-violence group MA-MAA.

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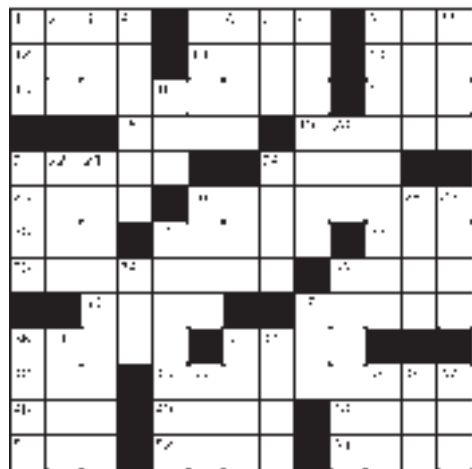


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## Take Five



### Crossword across

- |                            |   |
|----------------------------|---|
| 1 Hardly exciting          | 32 Churchill's gesture                    |
| 5 Moist                    | 33 Golf legend                            |
| 9 Society newcomer         | 35 Sense                                  |
| 12 Grooving on             | 36 Hairless                               |
| 13 Lotion additive         | 37 Vends                                  |
| 14 Under the weather       | 38 Dreaded bacterium                      |
| 15 Retail-chain founder    | 40 Take to the lake                       |
| 17 — Zedong                | 42 Moving truck                           |
| 18 Sandwich cookie         | 43 British officer with an eponymous belt |
| 19 Representative          | 48 — out a living                         |
| 21 Misbehave               | 49 Verifiable                             |
| 24 Soon, in verse          | 50 Approach                               |
| 25 Comedian Sahl           | 51 In medias —                            |
| 26 "You Send Me" singer    | 52 Hollywood locations                    |
| 30 Worldwide workers' grp. | 53 Safecracker                            |
| 31 Strange                 |   |

### Crossword down

- |                                  |                             |
|----------------------------------|-----------------------------|
| 1 Insult                         | 24 Surrounded by            |
| 2 Geneticist's abbr.             | 26 Progeny                  |
| 3 \$ dispenser                   | 27 Coach Parseghian         |
| 4 Withdraw                       | 28 Carina                   |
| 5 Earnhardt of NASCAR            | 29 Morays, e.g.             |
| 6 Saxophone range                | 31 Signs up                 |
| 7 Cattle call?                   | 34 Bando of baseball        |
| 8 Sinner's self-abasement        | 35 Crime                    |
| 9 Melodramatic paperback of yore | 37 Round Table address      |
| 10 Verve                         | 38 Eternally                |
| 11 Rorschach picture             | 39 Birthday party must-have |
| 16 Dadaist Jean                  | 40 Pornography              |
| 20 Stickum                       | 41 Lincoln and Vigoda       |
| 21 Writer Kingsley               | 44 Exist                    |
| 22 Pop flavor                    | 45 Teeny                    |
| 23 Brass instruments             | 46 Gripe constantly         |
|                                  | 47 Work unit                |

### Sudoku

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	8	1				9	5	
				7		8		
6	7			9			3	1
		5	1		2	3		
1								4
		4	9		3	1		
9	3			2			8	5
			8		5			
	4	8				6	1	

### PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	3	5	9	7	2	4	8	1
1	2	9	8	6	4	7	5	3
4	7	8	1	5	3	9	2	6
9	4	7	5	2	1	3	6	8
5	8	1	6	3	9	2	7	4
3	6	2	4	8	7	1	9	5
8	1	3	2	9	6	5	4	7
2	5	4	7	1	8	6	3	9
7	9	6	3	4	5	8	1	2

Find today's answers + play more games at [metronews.ca](http://metronews.ca)

### SUDOKU SOLVE TIME:

- |                    |         |                 |                 |
|--------------------|---------|-----------------|-----------------|
| Under 13 min ..... | Genius  | 17-21 min ..... | Smart           |
| 13-17 min .....    | Scholar | 21-25 min ..... | Not bad         |
|                    |         | 25+ min .....   | Keep practising |

### Recipe of the day



### Chicken Fingers with Spicy Mustard Dip

#### INGREDIENTS (FINGERS):

- 1 1/2 lb (750 g) boneless, skinless chicken breasts
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) black pepper
- 1/2 cup (125 mL) all-purpose flour
- 2 large eggs
- 2 tbsp (25 mL) water
- 2 cups (500 mL) bread crumbs
- 1/4 cup (50 mL) grainy Dijon mustard
- 1 large garlic clove, minced
- 1 tbsp (15 mL) paprika

#### INGREDIENTS (DIP):

- 1 cup (250 mL) light sour cream
  - 2 tbsp (25 mL) grainy Dijon mustard
  - 2 tbsp (25 mL) fresh chives
- METHOD:**
- For dip, blend sour cream, mustard and chives. Cover and refrigerate.
  - Cut chicken lengthwise into strips (3 in/7.5 cm x 1 in/2.5 cm). Sprinkle with salt and half the pepper.
  - Place flour in a zippered plastic bag. In a pie plate, whisk eggs and water until frothy. In a large, shallow dish, blend bread crumbs,

mustard, garlic, paprika and the rest of the pepper.

- Drop the chicken strips, a few at a time, into the bag of flour and shake until well coated. Shake off excess flour. Dip strips into beaten eggs, then into bread-crum mixture, gently pressing the crumbs onto the chicken so they adhere. Arrange strips on a large non-stick baking sheet and refrigerate for 30 minutes.
- Preheat the oven to 400°F (200°C). Bake chicken strips until golden brown and crisp, about 15 minutes, turning once. Serve hot or at room temperature with chilled mustard dip.

Calories 333, calories from fat 72, fat 8 g, saturated fat 1 g, cholesterol 132 mg, carbohydrate 28 g, fibre 1 g, sugars 0 g, protein 36 g.

#### SERVES 6

[rd.ca](http://rd.ca)

For nutritional information on this and other great recipes, go to [rd.ca](http://rd.ca) or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



### Horoscopes

#### ARIES MARCH 21-APRIL 20

An intuitive friend calls out for soothing treatment. Special plans are changed without warning. Don't prejudge when you see some damage.

#### LIBRA SEPT 23-OCT 23

An innocent person will create a stimulating atmosphere. Cast a wider net to find reassurance. Someone will head towards a scary situation.

#### TAURUS APRIL 21-MAY 21

An unnecessary romance is set for melodrama. A family quarrel finally bites the dust. Your friends will shelter you.

#### SCORPIO OCT 24-NOV 22

Don't spurn a great job offer. You'll attract those who respect your methods. A hacker shows a disturbing lack of integrity.

#### GEMINI MAY 22-JUNE 21

Try to avoid talking too much to a sarcastic sibling. A deceptive person brings a change of luck. Someone's bad habit will start a quarrel.

#### SAGITTARIUS NOV 23-DEC 21

A dream has an impact on your life. A practical promise will have unexpected effect. A group will terminate obsolete methods.

#### CANCER JUNE 22-JULY 22

A progressive friend comes in handy. You need to find the right person to do a dirty job. A conflict can create confusion.

#### CAPRICORN DEC 22-JAN 20

Be humble in a touching moment. Someone will be oblivious to affection. You'll emerge unscathed from a wonderful fantasy.

#### LEO JULY 23-AUG 23

Don't believe anything that is said at the last minute. A conflict will be settled by someone's loss of courage. A stranger in despair will visit.

#### AQUARIUS JAN 21-FEB 18

A grinning friend experiences reality as it happens. Convenient excuses will make some people very nervous. A buddy arrives in the nick of time.

#### VIRGO AUG 24-SEPT 22

Rumors can lead to an understanding. Weird events will make you feel suspicious. Find someone you can trust.

#### PISCES FEB 19-MARCH 20

Your duties will limit the time you spend being bored to tears. A child needs medical attention. Somebody's deep concern about money will be hidden.

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### This day in history

- SEPT. 30, 1791: The Magic Flute, the last opera composed by Mozart, premiered at Theater an der Wien in Vienna, Austria.
- SEPT. 30, 1882: The world's first commercial hydroelectric power plant (later known as Appleton Edison Light Company) begins operation on the Fox River in Appleton, Wisconsin, United States.
- SEPT. 30, 1888: Jack the Ripper kills his third and fourth victims, Elizabeth Stride and Catherine Eddowes.
- SEPT. 30, 1927: Jack Babe Ruth becomes the first baseball player to hit 60 home runs in a season.
- SEPT. 30, 1955: Film icon James Dean dies in a road accident, at age 24.

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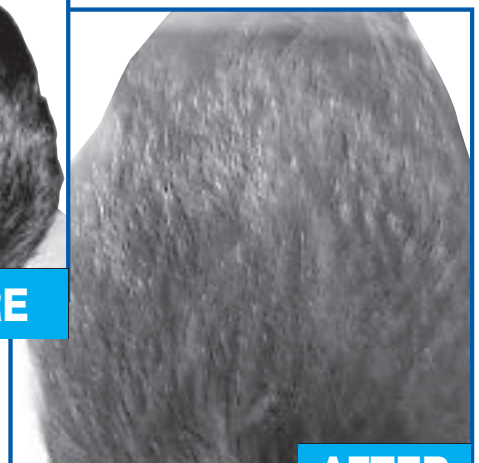
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